

# State of South Carolina

## Governor's Proclamation

**WHEREAS,** as the nation's leading cause of death, cardiovascular disease affects approximately 1.2 million Americans who suffer new or recurrent coronary attacks each year with costs estimated in the billions of dollars; and

**WHEREAS,** increased physical activity helps to improve the health and well-being of individuals, and adults may gain up to two hours of life expectancy for every hour of vigorous exercise; and

**WHEREAS,** brisk walking for 30 minutes a day can help lower bad cholesterol (LDL) levels and high blood pressure, as well as help overweight individuals achieve and maintain weight loss and reduce their risk of stroke; and

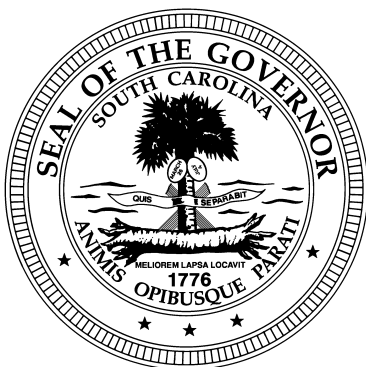
**WHEREAS,** one of the best investments a company can make is in the health of its employees by promoting a culture of physical activity, which in turn decreases healthcare costs, increases productivity, and improves the quality of life and longevity of the workforce; and

**WHEREAS,** during the 2007 observance of Start! Walking At Work Day, employees are called on to wear sneakers to work in an effort to become more physically active by walking.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim April 25, 2007, as

### START! WALKING AT WORK DAY

throughout the state and encourage all South Carolinians to take small steps each day to improve their wellness and pledge to improve their cardiovascular health by walking more at work.



A handwritten signature in black ink, which appears to read "Mark Sanford".

**MARK SANFORD**  
**GOVERNOR**  
**STATE OF SOUTH CAROLINA**